

When we start our lunches, please remember that we will have to have and show our vaccine cards to meet SIR protocols and you will also have to sign a waiver. Members will only have to present your card (or a photo or photocopy) and sign the waiver one time. Our branch will keep a record of compliance. If you have not been vaccinated yet, please do so ASAP. Otherwise, you must have a negative test no more than 3 days prior to meeting....

Jim
cell:650-207-3609
home:650-328-2168

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Monthly Presentation for Members

July 7th, 2021 Speaker Topic:

*The Growing Challenges of
“Aging in Place”*

Topic Description:

For the first time in its history, America is rapidly headed toward a cross-over point when over-65’s will outnumber under-18’s in our population, and 90% of those older adults would prefer to remain in their own homes as they age. That may sound straightforward, but government statistics indicate that only 10% of those homes meet the minimum requirements for elderly living. In addition, 90% of those older adults live with one or more chronic health conditions and, for many, social isolation is an additional serious risk factor. Clearly, we need to start taking a more proactive approach toward meeting these challenges, both as individuals and as a society.

Speaker Biography:



Chuck Sieloff

Chuck moved to the Bay Area in 1965 to get his PhD in History from Stanford. Following that, he pursued a career in high tech, spending 30 years at Hewlett-Packard, mostly as an Information Technology Manager. After retiring 20 years ago, Chuck has been involved with a variety of non-profit organizations, including The Institute for the Future, Eastside College Prep, Rocky Mountain Institute, and Avenidas Village, where he currently serves as the Chairman of the Avenidas Village Advisory Council.

chuck.sieloff@gmail.com
650-888-3410

Future speakers for the coming months:

August 4th, 2021 Speaker Topic:

To be determined

**FOR SUGGESTIONS REGARDING
SPEAKERS**

PLEASE CONTACT:

Steve Tremulis
(650) 598-9790

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General Interest

SIR 51 Board Meetings

Next virtual **Board Meeting** will be held on the first Wednesday of **July, the 7th**, at **11:00 AM**. Please start logging into the virtual meeting at 10:45 AM. For more details, please contact either Big SIR, Jim Cummings (cell:650/207-3609), or Secretary, Gerry Shebar (650/868-6124).

See the list of 2021 officers and committee chairmen at the end of this newsletter.

May's board meeting had 13 attendees.

SIR 51 General Membership Meeting

A Zoom invitation will be sent for the **July** meeting for you to click a link to join the scheduled meeting. Last month's June General Membership Zoom meeting was attended by 28 SIR members. Currently, we have a total of 75 members in our branch.

Please remember to avoid making background noise or, easier, just mute your sound while in the meeting to help the video meeting be more enjoyable for all.

2021 Membership Roster

If you have any corrections to your profile data, please contact our Membership Chairman, Gerry Shebar, at (659) 868-6124. Also, the roster file has been archived on our branch website.

SIR 51 Website

SIR Branch 51 website provides helpful information on our activities and archives our news. Should you have inputs for our website, please contact our website master, Gerry Shebar at (650) 868-6124.

www.sirinc2.org/branch51

State SIR News

The State SIR President and Insurance Chairman explained the changes to COVID-19 Re-Opening

Protocols and the need for **Waivers to be signed by all SIR members**. The links to these State SIR documents are given below. **Please read them** to understand what is expected of all members, branches and the state organization. To meet the insurance liability requirements, please print the Waiver form and sign it. You can turn it in at our first in-person get together which we hope will be coming soon.

Branch Protocols:

<https://files.constantcontact.com/686f3f04701/e2662867-a239-4f89-baac-baf50ee70e2d.pdf>

Wavier:

<https://sirinc.org/wp-content/uploads/Waiver-final.pdf>

State Protocols:

<https://files.constantcontact.com/686f3f04701/1cd5be0c-badf-4d39-8888-10283b365789.pdf>

State SIR website:

www.sirinc.org

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Craig's Current Contributions:

Courtesy of former Big SIR, Craig Carpenter

Used to be a big shot, important guy. Not so much now.

WORDS TO LIVE BY:

"Last night my wife asked me if I'd seen the dog bowl. I said "I didn't know he could."

"June 2021: Pretty much the same as June 2020 but now we have toilet paper"

"Felt uncomfortable driving to the cemetery. The GPS blurted out 'you have reached your final destination'".

"To me "drink responsibly" means "don't spill it".

"Patience is a virtue. It's just not one of my virtues".

GOOD READS FOR GUYS:

Lincoln: Team of Rivals by Doris Kearns Goodwin

1939: A People's History of the Coming of the Second World War by Frederick Taylor

Zero Fail: The Rise & Fall of the Secret Service by Carol Leonnig

COVID UPDATE:

With the Olympics about to start, the following might be of interest:

As of June 20th, 18% of the Japanese population have had at least one vaccination. 7% have had two shots.

In the US, as of June 20th, 45% of the population have had two shots.

45% VS. 7%...QUITE A DISPARITY.

In California, 73% of us have had at least one shot.

Stay safe and see you on the July 7th SIR Zoom call!

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ACTIVITIES

GOLF



With the state and county removed most COVID-19 restrictions, and the State SIR leadership allowing vaccinated members to be active in outdoor and indoor settings, with precautions still in place, for golf to be played.

SIR 51 Scramble Team Places Second in Area Qualifier Round Against SIR Branches 1, 35, 16 for advancement to the State SIR Scramble Competition in August. Congratulations to our team!



The SIR 51 Scramble Team is pictured here with Steve Tremulis, Gerry Shebar, Ron Rosenfeld, and Jeff Gardiner.

Here are the details of the scoring from the qualifier round competition as documented by Ben Gikis of Branch(?).

“Every Team played well and the results were very close.”

“Branch 51 had the lowest raw score of 64, but after subtracting the handicap, came in second. Branch 1 with a raw score of 66 won. Third was Branch 16 with a 68 followed by Branch 35 with 69, but Branch 16 wins third over Branch 35 by 0.04 after subtracting the handicap.”

Here are the calculations:

Branch 51	64
Handicap	7.85
NET	56.15
Branch 1	66
Handicap	10.00
NET	56.00
Branch 16	68
Handicap	9.60
NET	58.40
Branch 35	69
Handicap	10.56
NET	58.44

If any of you are interested in playing as individuals, you might want to check with the courses as to tee time availability.

The 2021 golf schedule has been arranged and a new Excel golf file was sent out in May. Check for your file copy or at the SIR 51 website. Below are the dates, times, and locations for July and August.

	Jul 06, Tue	Jul 14, Wed	Jul 21, Wed	Jul 28, Wed	
JULY	Moffett Field	San Jose	Crystal Springs	Spring Valley	
	10:00 AM	10:00 AM	10:00 AM	10:00 AM	
	Aug 03, Tue	Aug 11, Wed	Aug 18, Wed	Aug 25, Wed	Aug 31, Tue
AUG	Sunnyvale	Los Lagos	Poppy Hills	Moffett Field	Spring Valley
	10:00 AM	10:00 AM	10:00 AM	10:00 AM	10:00 AM

Same table, but color-coded for July and August.

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	10:00 AM	10:00 AM	10:00 AM	10:00 AM	10:00 AM

Crystal Springs
Los Lagos
Moffett Field
Poplar Creek
Poppy Hills
San Jose
Shoreline
Spring Valley
Sunnyvale

Courtesy of Golf Course Coordinator:

KAI JOHANSEN
(650) 380-9493

Also, contact Big SIR, Jim Cummings, as a mutual supporter for golf news.

JIM CUMMINGS
home: (650) 328-2168
cell: (650) 207-3609

Check if the following activities are going to occur with the recent COVID-19 and State SIR removed restrictions. Do keep in mind, however, some restrictions are still in place.

COMPUSIR



COMPUSIR is a self-help Computer discussion group. Normally, it meets monthly at the PALO ALTO ELKS LODGE 4249 EL CAMINO REAL, PALO ALTO. Check first if meetings are being held by Zoom, or not at all. When in-person meetings can be held access is by the following method. For entry, use the announce button on the pedestal to the left of the Front door. **COMPUSIR** is now part of SPAUG (the Stanford – Palo Alto Users Group). SPAUG Meetings are still held the **SECOND WEDNESDAY** of each month at 7:00 pm, when possible, in-person, at PA Elks Lodge (address above). The meeting is upstairs (elevator available past the stairway). More information at www.spaug.net.

MACINTOSH USERS

Contact Skip Ross to join this e-mail group where SIR members in all branches can exchange MAC-related news, get answers to questions and share experiences.

SKIP ROSS (541) 857-6224

INDOOR BOWLING (BRANCHES 5, 35 & 51)



We bowl on a handicap system, so all have an equal chance. Each season teams are revised and always have a mix of players by ability. When possible with less COVID-19 restrictions, we meet on **Tuesdays at Homestead Lanes:**

Homestead and Stelling in Sunnyvale from 1-3 PM.

Be there by **12.45 PM**. New bowlers are always welcome at any level of experience. If you're new, it's easier if you call me (Bob Taggart) in advance so we will be prepared. Spouses, women friends are welcome – there are now 10 co-ed teams.

YOU CAN JOIN ANYTIME

A ball and shoes are available at the bowling lanes. Looking for some exercise that does not rely on good weather? Indoor 10-pin bowling is a fun, low-impact bowling skill that comes back after a long lay-off. Many have not bowled since they were youngsters. For more information, contact:

BOB TAGGART (650) 321-2654, Br 35

LAWN BOWLING:



Check if Lawn Bowling is able to meet and play. We meet on Tuesday, Thursday, and Saturday at 9:30 AM at Palo Alto Lawn Bowls Club, 474 Embarcadero Road, Palo Alto. Players need to be 15 minutes early to be entered into the draw for teams. Free coaching is available for new players. Contact:

DON HUGHES (650) 323-9916

TENNIS:



When possible, during the COVID-19 pandemic, check first to see if our tennis group meets which happens on Mondays and Thursdays at Rinconada Park in Palo Alto. Please be there by 8:30 AM when doubles teams will be formed. Late arrivals will play as sets are completed. We play an open spin-in doubles format. Play level is about 2.5. We welcome non-SIRS, so bring a friend.

BILL KAMIN (650) 322-4300

CYCLING:

SIR Bicycle Group **July 2021 Ride**

2nd Thursday, July 8th, 2021, 11:00 a.m.

Wives and guests are welcome. Rain cancels ride, helmet mandatory.

This is a SIR ride and COVID waivers are mandatory.

We would like to see new people come out for this ride. It is flat except for a few underpasses. Just use the bicycle you have, make sure the tires can hold air, bring a helmet, have fun with us.

SIR Bicycle Ride Protocols are to be followed.

SAWYER CAMP TRAIL

This ride has more ups and downs than your normal rides but most of the riders can make up to the top. I am one of those that finds out each time how bad a bicycle is as a walking stick.

Meeting Place: Sawyer Camp Trail.

GPS: 37.530950, -122.364094

Sawyer Camp is not in Half Moon Bay.

The address is 950 Skyline Blvd, Half Moon Bay. The best reference point to use is Skyline Blvd and Crystal Springs Road.

Directions: From southern peninsula, take I-280 N, continuing past the Half Moon Bay turnoff. Exit on Bunker Hill Drive - Exit 34, then turn left across the overpass, then take the first right onto Skyline Blvd. Continue on Skyline Blvd about a mile to an open entrance fence showing *Sawyer Camp Trail, 950 Skyline Blvd* on the left side of the road. Find a convenient parking spot along Skyline Blvd. and unload bike. Enter through the gate to find trail information, benches and bathrooms, and where our group is waiting. Sawyer Trail is flat prior to the dam. The San Andreas trail involves hill climbing so you may have to ride/walk a short distance up and then enjoy a long ride on a flat paved trail to lunch at Lunardi's Market.

If there are any questions, contact me, James Lunt at (408) 252-6804, cell: (408) 921-5085 or Gordon Tong at (408) 242-0557. Let us know if you are riding so we can wait for you.

For your information, the new bicycle protocols are:

Revised SIR Branch 35 Riding Group Protocols:

1. All riders are encouraged (but not mandatory) to receive the first and second Covid-19 vaccine injections.

2. All riders are **not** to carpool to designated rides. Biking to designated starting points of rides is acceptable.
3. For the safety of all riders, ride only if one is feeling 100% healthy.
4. Riders must wear a biking helmet and some type of face mask. Riders are encouraged to bring hand sanitizer because public restrooms may not always be open.
5. We will designate a lead rider at the front of the group and a designated sweeper behind the last rider. All riders will stay between the designated lead and sweeper.
6. We will stagger riders in groups of 2 - 3 with the first group departing, followed by the next group of riders 2-3 minutes later and continue with this staggered process until all riders have departed.
7. Riders will ride single file and maintain a minimum 50' distance from the rider immediately in front. Riders can pass each other as long as there is a safe margin to pass.
8. When the designated lead rider stops for a group water or restroom break, all riders will stop and maintain a minimum 6 feet distance from each other.
9. Riders are encouraged to bring their lunch or order takeout food. The designated lead rider will find a suitable area to eat lunch and ensure proper social distancing.
10. When riders are eating lunch with their mask off, the minimum distance from each other will be 10 feet.
11. Ride back to our designated ride starting point in the same manner.

This is the **Master Riding List for 2021**. It may change as the year goes by, so the final word is in the SIR Branch 35 month's newsletter.

~~**January 14, 2021**
Stevens Creek/Shoreline Park (Mt. View), no ride~~

~~**February 11, 2021**
Coyote Creek (South San Jose), no ride~~

~~**March 11, 2021**
Coyote Hills-Alameda Creek (Fremont/Niles), Michael's (Mt. V) to Univ Ave/Hwy 84 (Menlo Park). See above.~~

April 8, 2021

~~Foster City Bay Trail~~

~~**May 13, 2021**
Brisbane Bayshore Trail~~

~~**June 10, 2021**
Guadalupe Trail (Alviso to San Jose)~~

July 8, 2021
Sawyer Camp Trail / San Andreas Trail

August 12, 2021
San Leandro-Alameda Ride

September 9, 2021
Mt. View to Alviso

October 14, 2021
Half Moon Bay

November 11, 2021
Los Gatos Creek Trail

December 2021 No ride
(If the weather is good, the riders may pick a ride)

Again, if you have questions, please contact Jim Lunt or Gordon Tong as per below.

James Lunt: (408) 252-6804, Cell: (408) 921-5085
Gordon Tong: (408) 242-0557

NON-RESPOSIBILITY DECLARATION:

All activities arranged for or by, or sponsored by, Sons in Retirement, Inc., and its Branches, are for the convenience and pleasure of the members and their guests who desire to participate. Sons in Retirement, Inc., and its Branches do not assume any responsibility for the well-being or safety of the participants or their property, in any matters pertaining to said activities.

STATE SIR TRAVEL INFORMATION



For information on State SIR travel, go to the State SIR website listed below, and click on "Region and Area Info", click on "Resources", click on "More Information", then look for "Travel Management Information" section which has sub-links to travel agencies, bus companies, and a travel handbook. Also, one can use "Search Here" box at the base of the page using the word "travel".

STATE SIR WEBSITE

www.sirinc.org

SIR BRANCH 51 NEWSLETTER

If you have any inputs, suggestions or feedback to add or improve the newsletter, please let me know.

Also, if you wish to add material to the newsletter, inputs for the next newsletter should be submitted between the 15th and 20th of the month prior to the next newsletter.

Newsletter Editor:

Richard Jamison
(650) 868-3723

2021 SIR BRANCH #51 OFFICERS AND COMMITTEE CHAIRMEN

EXECUTIVE COMMITTEE

Big SIR: Jim Cummings 328-2168
Little SIR: (Open)
Secretary: Gerry Shebar 868-6124
Asst. Secretary: Richard Jamison 868-3723
Treasurer: Kingsley Wood 799-8420
Asst. Treasurer: Kevin Wheaton 485-2276

DIRECTORS

Director: Joe Grippo 948-2130
Director: Sam Meredith 325-4152
Director: Craig Carpenter 325-4152

ACTIVITIES CHAIRMEN

Indoor Bowling: Bob Taggart (Br 35) 321-2654
Lawn Bowling: Don Hughes 323-9916
Cycling: Jim Lunt (Br. 35) (408) 252-6804
Tennis: Bill Kamin 322-4300
Golf: Kai Johansen 380-9493
Jim Cummings 328-2168
Travel: State SIR Travel: www.sirinc.org
Compusir: Stanford-PA Users Group www.spaug.net
Macintosh Users: Skip Ross (541) 857-6224
Historian: (Open)

New Board Members

Jeff Gardiner 561-9661
Ray Klinke 924-0734
Mike McMahan 493-7392

ADMINISTRATIVE CHAIRMEN

Attendance: Kingsley Wood	799-8420	Luncheon Programs: Steve Tremulis	598-9790
Audit: Sam Meredith	325-4152	Membership: Gerry Shebar	868-6124
Russ Porter	234-1212	Asst. Membership: (Open)	
Website: Gerry Shebar	868-6124	Greeter: Al Runge	592-1345
Asst. Website: Art Lewis	964-3223	Special Events: (Open)	
Newsletter: Richard Jamison	868-3723	Nominating Committee: Jim Cummings	328-2168
Good Samaritan: Bob Guffey	593-3496	Steve Tremulis	598-9790
Member Orientation: Bob Guffey	593-3496	Craig Carpenter	325-4152

All telephone numbers are in the 650-area code, except where noted differently.

All changes in address, telephone number, and e-mail address needs to be reported to the SIR Branch 51,
Acting Membership Committee Chairman:

Gerry Shebar,
3345 Stockton PL.,
Palo Alto, CA 94303
(650) 868-6124

“All the news that fits we print”

Anonymous